

COMPLIMENTS of

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free!
April 2014

Natural Choices

Health Conscious.

Earth Conscious.



celebrate
spring's

**fresh
flavors**

- organic benefits
- green cleaning tips
- ideas for eggs

See pages 8, 9, 16, 17, 24, 25 and the back cover for this month's featured items!

GREEN
&BLACK'S
ORGANIC

DARK



GREEN
&BLACK'S
ORGANIC

Dark Chocolate

made with fine Venezuelan
cocoa beans for an intense, true

70% Cocoa Content



NET WT
5.5 OZ (100g)



AN ORGANIC ORIGINAL
AND A FAIRTRADE FIRST.

Chocolate made in good taste.



april 2014 contents

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BRAISED GREEN BEANS



Spring cleaning?

Try a natural approach



Make your space sparkle with earth-friendly ideas

Hi, I'm Shannon, Natural Choices Manager at the Hollywood Freddy's in Portland. If spring cleaning is on your to-do list, you're in luck! You'll find a great selection of products here, including my own personal favorites:

- **Dirty countertops?** Try fresh-smelling Earth Friendly Parsley Spray in your kitchen.
- **Laundry piling up?** Plant-based Ecos Laundry Detergent is a great choice.
- **Need a gentle soap?** I like Mrs. Meyer's Hand Soap made with essential oils.

You'll also discover paper towels made from recycled paper, natural dish soap and many more earth-friendly cleaning ideas. Plus if you like supporting local companies, look for Northwest-based Bio-Kleen and Earth Friendly brand products in your Natural Choices Department.

Natural Choices

Since 1971, your
Natural Foods Department at Fred Meyer



Shannon Carlson
Natural Choices Manager,
Hollywood Fred Meyer

tasteforlife

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For more health and wellness resources visit

www.tasteforlife.com

A note on recipes

Recipes are analyzed by Anna Kawanishi, MS, RD. Nutritional values vary depending on portion size, freshness of ingredients, storage, and cooking techniques. They should be used only as a guide. Star ratings are based on standard values (SV) that are currently recommended: ★★★★★ Extraordinary (50 percent or better), ★★★★ Top Source, ★★★ Excellent source, ★★ Good source, ★ Fair source.

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in
partnership
with



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**citrus fruits
can lower
stroke risk**

Oranges, peppers, strawberries, and other foods that are rich in vitamin C may reduce your risk of a stroke. Participants in a new study who had suffered a hemorrhagic stroke had depleted levels of vitamin C in their blood, while those who had not had a stroke tended to have normal levels.

"Our results show that vitamin C deficiency should be considered a risk factor for this severe type of stroke, as were high blood pressure, drinking alcohol, and being overweight," said lead researcher Stéphane Vannier, MD. Hemorrhagic stroke is less common than ischemic stroke but often more deadly.

Good sources of vitamin C include citrus fruits, papayas, bell peppers, strawberries, and broccoli.

SOURCE "Can Citrus Ward Off Your Risk of Stroke?" American Academy of Neurology, 2/14/14

did you know?

A recent study found substantial benefits from eating strawberries, including reductions in LDL (bad) cholesterol and triglycerides, and a big boost in the antioxidant capacity of the blood. The berries are rich in vitamin C and micronutrients known as anthocyanins.

SOURCE "One-Month Strawberry-Rich Anthocyanin Supplementation Ameliorates Cardiovascular Risk, Oxidative Stress Markers, and Platelet Activation in Humans" by J.M. Alvarez-Suarez et al., *J Nutr Biochem*, 11/27/13





Certain foods and beverages are loaded with compounds that appear to offer protection from Type 2 diabetes. A new study linked flavonoids in the foods

chocolate, tea may **thwart diabetes** to lower insulin resistance and better blood glucose regulation. The compounds

are found in berries, tea, chocolate, red grapes, some herbs, and wine. They also reduce inflammation, which can contribute to diabetes, obesity, cardiovascular disease, and certain cancers.

SOURCE "Ingredients in Chocolate, Tea, Berries Could Guard Against Diabetes," www.sciencedaily.com, 1/20/14

a family affair

Working together as a family can help you stick to your diet and exercise goals. The Academy of Nutrition and Dietetics offers these tips to increase the "teamwork":

- ▶ Be active as a family by taking a walk after dinner or going to the gym.
- ▶ Avoid talking about weight in a negative way in front of your kids.
- ▶ Fill half of your plate with fruits and vegetables, and eat more whole grains.
- ▶ Eat dinner together as often as possible.
- ▶ Keep a positive attitude, and set a good example for your children.

SOURCE "Health Tip: Staying Healthy Is a Family Affair" by Diana Kohnle, MedlinePlus, www.nlm.nih.gov/medlineplus, 2/12/14



sweeter fruit = more nutrients

The sugar content of fruit increases as it ripens, and that's a good thing, according to Cornell University food science professor Rui Hai Liu, MD, PhD. "Most fruits when they are under-ripe do not taste good and may be unhealthy," Dr. Liu told the *New York Times*. He said vitamins and antioxidants increase in most fruits as they ripen. Dr. Liu explained that a ripe fruit's brighter colors and increased sweetness make it more attractive to birds and animals that will eat it and spread its seeds, which may not be ready before ripening.

SOURCE "The Value of Ripeness" by C. Claiborne Ray, *New York Times*, 2/3/14

Living well with Natural Choices

Specializing in your health for more than 40 years

Snack the gluten-free way

Following a special diet is easier when you have great gluten-free options like these in your kitchen.

Loaded with nutritious almonds and baked to perfection, Blue Diamond Nut-Thins are ideal for snacking in place of crackers or bread. Just remember your favorite cheese or dip to make it even more tasty!

Blue Diamond
Nut Thins

2\$4
for

Gluten Free,
Select Varieties, 4.25 oz





Feel your best with a little help from nature

Over 40 years ago, company founder Tom Murdock created an herbal remedy to treat his ailing wife when conventional medicine failed. That's when Nature's Way was born.

Since then, people have come to count on Tom's company for everything from vitamins to coconut oil. If you need help staying in tip-top shape this season, just add Nature's Way supplements to your daily routine.

**Nature's Way
Supplements**
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Fresh from the fields

Plants have the best flavor and most health benefits when they're fresh.

That's why the organic herbs at Oregon's Wild Harvest start out on 37 acres of pure, certified organic farmland near Sandy, Oregon. After they're gathered, the herbs are processed into supplements on the same farm, only minutes from where they were grown. From seed to bottle, freshness makes the difference!

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Prices good Sunday, March 30 through Saturday, April 26, 2014.

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spring holidays

It's all about the veggies!

When it comes to entertaining on the holidays, it seems the emphasis is often placed on the main dish. But it's the wonderful and healthy side dishes that can make the meal and even steal the show! There's nothing ho-hum

about these recipes, which showcase fresh vegetables and herbs.



braised green beans

Reprinted with permission from *Mediterranean*

Cooking © 2012 by ACP Books. The 2014 edition published by Sterling Publishing Co. Photography by ACP Magazines Limited.

45 min
prep time

serves
6



- 1/2 lb Swiss chard
- 1 Tbsp olive oil
- 1 small onion, thinly sliced
- 2 cloves garlic, thinly sliced
- 1 fresh small red chili, thinly sliced
- 8 baby potatoes, quartered
- 1 can (14 oz) chopped tomatoes
- 1/2 lb baby green beans, trimmed

1. Wash and dry Swiss chard. Chop leaves (reserve) and stems.
2. Heat oil in medium-sized heavy-based saucepan. Cook Swiss chard stems, onion, garlic, and chili, stirring, about 10 minutes or until stems soften.
3. Add potatoes and undrained tomatoes. Simmer, covered, 15 minutes. Add beans. Cook about 5 minutes until potatoes are tender. Season to taste.
4. Just before serving, add Swiss chard leaves. Cook until wilted, about 3 minutes.

Per serving: 91 Calories, 3 g Protein, 15 g Carbohydrates, 3 g Fiber, 3 g Total fat (2 g mono), 88 mg Sodium, ★★★★★ Vitamin K, ★★★★★ Vitamin C, ★★ Vitamin A, ★ Biotin, Copper, Magnesium, Manganese, Molybdenum



warm lime-roasted sweet potato and couscous salad

Reprinted with permission from **Rose Elliot's 30-Minute Vegetarian** © 2012 by Rose Elliot, Sterling Publishing Co., Inc. Photography by Myles New.

35 min
prep time

serves
4



- 4 medium-sized (1 lb 6 oz) sweet potatoes, scrubbed and cut into $\frac{3}{4}$ -inch chunks
- 2 Tbsp olive oil, divided
- $\frac{2}{4}$ c low-sodium vegetable stock
- $\frac{1}{2}$ c couscous
- Finely grated zest and juice of 1 lime
- 4 Tbsp finely chopped red onion
- 1 Tbsp roughly chopped fresh cilantro
- Salt and black pepper

1. Preheat oven to 425°.

2. Toss sweet potato chunks in 1 tablespoon of the oil, put them in a roasting pan, and bake for 25 minutes, turning after 10 to 15 minutes, until they are tender and golden brown.

3. Meanwhile, bring stock to a boil. Add couscous and remaining tablespoon of oil. Cover and set aside, off heat, for 10 to 15 minutes.

4. Take sweet potatoes out of oven and toss with lime zest and juice, chopped onion, and cilantro. Season with salt and pepper.

5. Stir couscous with a fork, add a little salt, and then carefully mix with sweet potatoes and cilantro. Serve.

Per serving: 439 Calories, 16 g Protein, 75 g Carbohydrates, 7 g Fiber, 9 g Total fat (2 g sat, 6 g mono, 2 g poly), 118 mg Sodium, ★★★★★ Vitamin A, B3 (niacin), Copper, Manganese, ★★ Vitamin B6, C, Pantothenic acid, Phosphorus, ★★ Vitamin B1 (thiamine), B2 (riboflavin), ★ Vitamin B12, Biotin, Iron, Magnesium, Potassium, Zinc



cauliflower panna cotta

From the **Taste for Life** test kitchen

60 min
prep time

serves
4



- $\frac{1}{2}$ head cauliflower, cut into $\frac{1}{2}$ -inch florets (approximately 4 c)

1 c water

$\frac{1}{2}$ c whole milk

$\frac{1}{4}$ c soft goat cheese, crumbled

$\frac{1}{8}$ tsp ground nutmeg

Salt and freshly ground black pepper to taste

1 envelope unflavored gelatin (approximately 2 tsp)

1 c cherry tomatoes, sliced in quarters

1. Place cauliflower in a pot with water. Bring to a boil.

Lower heat, cover pot, and simmer until tender, approximately 25 minutes.

2. Add milk, goat cheese, nutmeg, and salt and pepper to taste. Simmer over low heat, uncovered, for 10 minutes. Make sure cauliflower is completely soft and cooked through.

3. Transfer mixture to a food processor and puree until completely smooth. Strain mixture through a fine-mesh strainer, pushing on solids with the back of a spoon to strain out liquid. You should have approximately 2 liquid cups of cauliflower-milk mixture. Discard solids or save for another use. Return strained mixture to a clean pot and keep warm over low heat.

4. Sprinkle gelatin over 1 tablespoon of cold water in a small bowl. Let soften for 2 minutes. Whisk gelatin mixture into cauliflower-milk mixture and stir over heat until well combined.

5. Transfer to individual ramekins or small clear glass cups. Refrigerate for at least 6 hours or overnight.

6. Garnish with tomatoes before serving.

Per serving: 132 Calories, 9 g Protein, 12 g Carbohydrates, 3 g Fiber, 6 g Total fat (4 g sat, 2 g mono), 136 mg Sodium, ★★★★★ Vitamin C, ★★ Vitamin B6, K, Copper, ★ Vitamin B12 (riboflavin), Biotin, Folate, Pantothenic acid, Calcium, Manganese, Molybdenum, Phosphorus





carrot cake

Excerpted from *The Greek Yogurt Cookbook* by Lauren Kelly, CN. Copyright © 2013 F+W Media, Inc. Used by permission of the publisher. All rights reserved.

30 min
prep time

serves
16



cream cheese yogurt frosting

Excerpted from *The Greek Yogurt Cookbook* by Lauren Kelly, CN. Copyright © 2013 F+W Media, Inc. Used by permission of the publisher. All rights reserved.

- Cooking spray and all-purpose flour, for coating pan
- 2 c whole-wheat pastry flour
- 2 tsp baking powder
- 1½ tsp baking soda
- 2 tsp ground cinnamon
- ¼ tsp salt
- 2 tsp pure vanilla extract
- 3 eggs, beaten
- ¾ c turbinado sugar
- ¾ c brown sugar
- ½ c grapeseed oil
- ½ c applesauce, unsweetened
- ½ c low-fat plain Greek yogurt
- 1 (20-oz) can crushed pineapple, drained
- 2 shredded carrots
- ½ c chopped walnuts (optional)
- ½ c raisins (optional)
- Cream Cheese Yogurt Frosting, recipe follows (optional)

1. Preheat oven to 350° and position oven rack in center of oven. Spray a Bundt pan with cooking spray and coat with all-purpose flour.
2. In a medium bowl, mix together whole-wheat flour, baking powder, baking soda, cinnamon, and salt. Stir until mixed.
3. In another medium bowl, mix together vanilla, eggs, sugars, oil, applesauce, and yogurt until thoroughly combined.
4. Gradually fold flour mixture into egg mixture while continuing to stir. Mix until everything is combined. Fold in pineapple, carrots, and walnuts and raisins, if using. Stir to combine.
5. Pour into prepared pan and bake for 40 to 45 minutes, until a toothpick inserted in cake's center comes out clean. Allow to cool completely on a wire rack before frosting.

Per serving (without frosting): 266 Calories, 4 g Protein, 41 g Carbohydrates, 3 g Fiber, 11 g Total fat (1 g sat, 2 g mono, 7 g poly), 241 mg Sodium, ★ Vitamin C, Manganese

- 2 Tbsp butter, softened
- ½ c nonfat plain Greek yogurt
- ½ c cream cheese, softened
- 1 tsp pure vanilla extract
- 1½ c powdered sugar

1. In a medium bowl, mix together butter, yogurt, cream cheese, and vanilla. Gradually stir in powdered sugar, and beat until thoroughly mixed.
2. Refrigerate for at least 30 minutes to thicken before using. (Frosting can be stored in an airtight container for up to 5 days.)

10 min
prep time +
30 minutes
chill time
makes
2½ cups



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*The claims for this product are based on traditional homeopathic practice. They have not been reviewed by the Food and Drug Administration



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spring cleaning

GET YOUR GREEN ON!



It's time to put the green in your clean! Look for renewable, plant-derived ingredients in your household cleansers. Choose natural cleaners containing plant-derived cleaning agents, enzymes, coconut oil, or tea tree oil. Some cleaners contain organic ingredients. Many are packaged in recycled or recyclable materials, or containers that minimize plastic.

You can also create your own eco-friendly products using essential oils and other natural and inexpensive ingredients.

Essential oils are the highly concentrated, aromatic essences of plants. When shopping for essential oils, be sure to look for pure, undiluted essential oils. Some oils are also certified organic.

Sure, essential oils smell great—who doesn't love a hint of lemon in the kitchen or lavender in the bath or bedroom—but they can do more than just freshen the air.

"Essential oils have potent antimicrobial effects along with their clean, pleasant natural aromas," says Anne Rierson, a spokesperson for Aura Cacia, an essential oil brand.

Useful essential oils for household cleaning include:

- **Lemon:** In addition to its clean, uplifting scent, lemon's acidic properties provide antibacterial and antiseptic actions. It can also help remove stains. Add a few drops to a gallon of water when mopping white



5 spring cleaning tips

1. Leave shoes at the front door to avoid tracking in chemicals and other unwanted pollutants.
2. Use washable cleaning cloths as an alternative to paper towels.
3. Consider using biodegradable trash bags.
4. Open your windows to refresh your space naturally. Allowing fresh air to flow throughout your home reduces pollutants indoors, according to the EPA.
5. Grow your own clean air. Ordinary, inexpensive houseplants such as English ivy or golden pothos can filter indoor toxins in your home. Houseplants are excellent filters of common indoor pollutants such as benzene and formaldehyde.



did you know?

Making your own cleaning products can be an economical choice. Instead of buying a number of products for a variety of cleaning jobs, you'll make your home sparkle with just a few.

floors. Other citrus oils helpful for cleaning are orange and grapefruit.

■ **Eucalyptus and tea tree oils:**

These distinctive-smelling oils work as air and surface sanitizers. Tea tree oil works well on mold and mildew, as well as musty smells.

■ **Pine:** Pine is clean smelling and acts as both a disinfectant and a deodorizer.

■ **Lavender:** It has a pleasing scent, is antibacterial, and deters insects such as moths.

Creating your own natural cleaning products is as simple as adding these potent essential oils to natural clean-

ing products. Baking soda, a gently abrasive scouring powder and odor absorber, is an excellent base for making your own cleaning preparations. Liquid Castile soap is also a time-tested cleanser made from olive oil.

carpet cleaner recipe

Make your own carpet cleaning product by mixing 15 to 20 drops of any essential oil into a cup of baking soda. Let the mixture sit overnight (so the oil can be absorbed into the baking soda), then sprinkle on the carpet before you vacuum.

toilet cleaner recipe

You can make a quick and easy disinfecting toilet bowl cleanser by combining one cup of water, one-quarter cup

of liquid Castile soap, and 20 drops of white lavender or lemon essential oil in a 22-ounce spray bottle.

glass cleaner recipe

Use a half vinegar, half warm water spray solution, adding ½ teaspoon of liquid Castile soap if the surface is extra grimy. •

SELECTED SOURCES • "3 Best Essential Oils for Cleaning" by Kirsten Hudson, www.huffingtonpost.com, 8/31/12 • "Can One Cleaner Do It All?"; "Cleaners: Green Buying Guide"; "Homemade Household Cleaners: Best Recipes," ConsumerReports.org, 1/11 • "Care for Your Air: A Guide to Indoor Air Quality"; "An Introduction to Indoor Air Quality"; United States Environmental Protection Agency, www.epa.gov • *The Naturally Clean Home* by Karyn Siegel-Maier (\$10.95, Storey Publishing, 2008) • Personal communication: Anne Rlerson, Aura Cacia, 1/14 • "National Report on Human Exposure to Environmental Chemicals," Centers for Disease Control and Prevention, www.cdc.gov • "Recipes for Quick and Clean Cleaning at Home," www.thegreenguide.com

Living well with Natural Choices

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Looking for new lunch ideas to enjoy at work? Instead of spending too much on takeout, enjoy an Amy's Burrito.

Each organic flour tortilla is filled with organic beans, rice, vegetables and a mild Mexican sauce. It's a hearty combination of ingredients that satisfies your hunger, and won't leave you longing for a mid-afternoon snack. Try Bean & Rice, Bean & Cheese, Black Bean Vegetable — or even a Breakfast Burrito to start your day.

Amy's Burritos

2\$4
for

Select Varieties, 5.5-6 oz





Detox and cleanse

Renew Life uses herbs and natural ingredients to support healthy digestion and bowel function. An option like Rapid Cleanse may be a naturally effective method for ridding your body of harmful waste and toxins.

If you often experience cramping or bloating, Ultimate Flora probiotic may help. Adding beneficial probiotic bacteria to your diet can help improve overall health and keep all systems running smoothly.

**Renew Life
Supplements**
Select Varieties, 1-60 ct,
or 8-16 oz

SAVE 40%

Sweeten your spring with cool treats

Fresh sweet cream, organic fresh fruits and organic sugar combine to make Julie's Organic Ice Cream, Sorbet and Frozen Yogurt burst with pure, rich flavors. Free of preservatives, chemical additives and food coloring, these are delicious desserts you'll enjoy sharing on spring days.

From creamy Vanilla Ice Cream to Mango Passion Sorbet, you'll find a great selection of flavors at Freddy's.

**Julie's Organic Ice Cream,
Sorbet or Frozen Yogurt** **4⁴⁹**
Select Varieties, 16 oz



Natural Choices The natural foods department at Fred Meyer

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GOING ORGANIC

For years, organic seemed like it might just be a fad relegated to the sidelines. Today, though, seeing organic foods on the shelves and in produce bins is par for the course, and offerings are growing every day.

Word has gotten out: Even if there's disagreement about the nutritional differences in organics compared with conventional foods, there's no doubt that nonorganic foods are more likely to carry pesticide residues.

for earth and your own health

That's one of the major differences between organic and conventional foods: Organics can't be grown using toxic and persistent chemicals. They also can't be irradiated, fertilized with sludge, or genetically modified (GMO).

Nutrition

You eat lots of healthy foods to give your body the best tools for living, right?

Well, as healthy as fresh fruits and vegetables are, some studies indicate they're even better for you when they're organically grown. When 19 studies compared the phytochemical content of organic versus conventionally grown foods, it was found in 13 of the studies that there was a greater concentration of phytochemicals in the organic produce. Five of the studies found no significant difference, while one study found certain phytochemicals were elevated in the organic produce and others were elevated in the conventional produce. However, not one of these studies showed there to be significantly greater amounts of phytochemicals in the conventionally grown foods.

What are phytochemicals?

These substances can determine the color of your foods, as in the case of carotenoids (orange/yellow) and anthocyanins (blue/purple), but they offer powerful benefits as well. Some are highly antioxidant, like resveratrol; others, like flavonols, have shown anticancer properties. Capsaicin is a phytochemical found in hot peppers that can help relieve pain and inflammation.

SOURCE *Becoming Raw* by Brenda Davis, RD, and Vesanto Melina, MS, RD, with Rynn Berry (\$24.95, Book Publishing Company, 2010)



IS IT ORGANIC?

The US Department of Agriculture (USDA) has developed the following categories for organic labeling:

100 Percent Organic: Products containing only certified organic ingredients can wear the label "100 Percent Organic."

Organic: Products that contain at least 95 percent certified organic ingredients may use the Organic label.

"Made With" Organic: Products containing 70 percent or more certified organic ingredients can carry a "Made With Organic" label and list up to three specific organic ingredients on the front label.

SOURCE "Labeling Organic Products," USDA Agricultural Marketing Service, www.ams.usda.gov

STARTING OFF CLEAN

If a complete switch to organic isn't in the cards for you, the annual "Dirty Dozen" list from the Environmental Working Group can serve as a handy guide for where to focus.

The **Dirty Dozen** is a list of conventional produce items that carry the most pesticide residues. Consider buying organic versions of these to significantly "clean up" your family's diet.

Apples
Celery
Cherry tomatoes
Cucumbers
Grapes
Hot peppers
Nectarines—imported
Peaches
Potatoes
Spinach
Strawberries
Sweet bell peppers

The EWG also recommends buying organic kale, collard greens, and summer squash because they often contain traces of chemicals other than pesticides.

Conventional produce items the EWG considers relatively clean are known as the **Clean 15**:

Asparagus
Avocados
Cabbage
Cantaloupe
Sweet corn
Eggplant
Grapefruit
Kiwi
Mangoes
Mushrooms
Onions
Papayas
Pineapples
Sweet peas—frozen
Sweet potatoes



DRINK CALM AND KEEP CALM



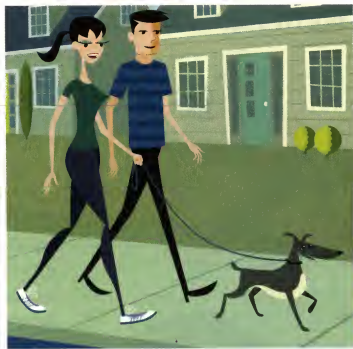
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pick**

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going vegan

PLANT-BASED EATING

About 3 percent of the US population self-identifies as vegan. But what exactly is a vegan? It's a person who doesn't eat, wear, or use any animal products. This includes not consuming honey, eggs, dairy products, fish, seafood, or meat of any kind, as well as not wearing leather, wool, fur, or silk. People go vegan for many reasons—including improving their health, helping the planet, reducing risk of disease, and consideration for the welfare of animals.

According to the Centers for Disease Control, following a plant-based diet can reduce your chances of developing heart disease, cancer, diabetes, and stroke. Plant-based diets can also work to reverse atherosclerosis—the buildup of plaque in the arteries, which often leads to heart attack and stroke.

Vegetables are a smart and nutrient-dense choice for their low calorie contents. It's no surprise, then, that eating a plant-based diet can help individuals shed weight. A recent eight-week pilot study at the University of South Carolina concluded that vegans lost an average of 8 to 9 pounds compared to an average of 5 pounds for dieters who ate at least some meat.



Lead researcher Dr. Brie Turner-McGrievy noted that because nonmeat meals are already less caloric (and contain less saturated fat), some dieters may find vegan eating patterns easier to adopt for weight loss without the burden of obsessively counting calories.

Although vegans don't eat dairy products, they are able to get their calcium through leafy greens and foods like sesame seeds and tofu. Nutrients like iron (typically sourced from meat in a non-vegan diet) are obtained by eating spinach, almonds, cashews, lentils, peanuts, peas, soybeans, tofu, and wheat germ in a vegan diet. The one vitamin that vegans must supplement with is B12. Other nutrients can be obtained through plant foods.

where to start

Most people interested in the vegan lifestyle begin slowly. Over time, they transition to this type of diet completely. If you're interested in eating a more plant-based diet, start by removing one animal-based food item a week and replacing it with three plant foods.

Of course, fruits and vegetables are a huge part of a vegan's diet, but also shop for grains, beans, and nuts. These foods offer protein, fiber, and a range of nutrients. Dairy-free milk replacements like almond, coconut, soy, or rice milk, as well as nondairy cheeses and yogurts, are available too.

Explore the foods of other cultures. Popular dishes like hummus from the Mideast, curried lentils from India, gazpacho from Spain, and spring rolls from Thailand are popular vegan dishes to enjoy.

For whipping up a quick vegan meal, keep staples such as pastas, lentils, rice, beans, frozen vegetables, and tofu on hand. Canned tomatoes, roasted red bell peppers, olives, sun-dried tomatoes, capers, vinegars, and spices come in handy for adding flavor.

Here are some simple and quick vegan substitutions for common non-vegan ingredients:



SELECTED SOURCES *How To Be Vegan* by Elizabeth Castoria (\$14.95, Artisan, 2014) ● *"Plant-Based Diets Show More Weight Loss Without Emphasizing Caloric Restriction,"* Obesity Society, www.obesity.org, 10/15/13 ● *"Predominantly Plant Diets Help Patients Shed Pounds"* by Kristina Flore, www.medpagetoday.com, 11/18/13 ● *Vegan for Her* by Virginia Messina, MPH, RD, with J.L. Fields (\$16.99, Da Capo, 2013)

Instead of	Substitute
Buttermilk	2 tablespoons vinegar or lemon juice stirred into 1 cup of unsweetened soymilk. Let stand to separate.
Chicken broth	Vegetable broth
Cream	Soak raw cashews in water to cover for 8 hours. Drain and puree in a food processor. Add water until desired consistency.
Eggs (in baking)	1/4 cup soft tofu puréed with 2 teaspoons cornstarch
Ham or bacon in soups or bean recipes	Few drops of liquid smoke
Meat in chilis or tomato sauces	Ground veggie "meat"

Vegan celebs

A number of famous people are vegans. Here are some of them.

Casey Affleck

Erykah Badu

Ed Begley Jr.

Jessica Chastain

Ellen DeGeneres

Portia de Rossi

Woody Harrelson

Joaquin Phoenix

Alicia Silverstone

Carrie Underwood



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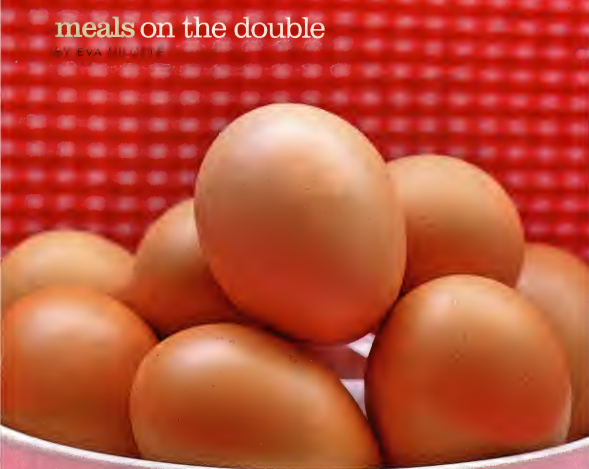
The natural foods department at Fred Meyer

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meals on the double

BY EVA HILGATE



break out of your shell

WITH EGG-CITING EGGS!

They're not just for breakfast. Versatile and inexpensive, nutritious and protein-rich, you can't beat eggs. Ready in minutes, they can be scrambled, poached, pan-fried, or baked. This most humble of foods plays a big part in cuisines all over the world. For a speedy weeknight meal, try one of the three favorites featured here. You'll find a quiche from France, a frittata reminiscent of Italy, and huevos rancheros—courtesy of Mexico. It's time to get cracking!

chicken and broccoli quiche



In a pastry crust:



Layer sautéed onion
and steamed broccoli.



Layer
shredded cooked
chicken and shredded
Swiss cheese.



Combine 4 whisked
eggs and 2 cups of
milk. Pour over.

Bake at 375° for 35 minutes.

spinach and feta frittata



Sauté garlic, spinach, and
red bell peppers in
ovenproof skillet.



Add 9 beaten eggs



and chopped basil.

Cook 5 minutes over
medium heat, shaking
pan occasionally.



Top with feta cheese.

Broil 2 to
3 minutes until set.

black bean huevos rancheros



Top corn tortillas



with cooked black
beans and shredded
Monterey Jack cheese.

Melt cheese under broiler.
Remove from oven.



Top with a pan-fried egg.



Top with salsa and
sliced avocado.



asthma relief

BREATHING EASIER

As an integrative physician, one of my top recommendations is to breathe deeply. In addition to oxygenating our cells, breathing calms us and reduces stress. In some ways, taking a deep breath is the simplest possible prescription—but not for everyone. For those struggling with asthma, breathing deeply can be a challenge.

Asthma is caused by inflamed airways, which makes them sensitive to inhaled particles, generating more inflammation. During a flare up, asthma sufferers cough, wheeze, and have trouble filling their lungs.

While there is no conventional cure for asthma, there are a variety of treatments, most notably steroids and other anti-inflammatory drugs. While these medications are often necessary, there are more holistic approaches to controlling inflammation and decreasing the airways' sensitivity to inhaled particles.

identify allergies

Quite often, lung inflammation is just one part of a larger allergic response. This could be a reaction to something in the air, such as dust mites or household chemicals, or a food allergy.

One study found that 24 percent of all asthmatic kids had at least one food allergy or sensitivity. The prevalence of food allergies is increasing, so we can expect asthma to keep pace.

The first step should be to identify allergies. Reducing or eliminating exposure to allergenic foods, the most common being dairy, soy, gluten, and eggs, as well as other common allergens, can reduce symptoms.

If allergens are airborne, an air purification system can help. Allergies and sensitivities can be detected through tests ordered by an allergist, or by eliminating specific foods and observing improvements.

bacteria

A recent study found a link between chronic bacterial infections and asthma. Researchers in Australia examined patients with asthma or rhinosinusitis and found bacterial infections in 83 percent of study participants. Many of these patients

had *Staphylococcus aureus*, the close relative to antibiotic-resistant MRSA, as well as other bacteria that have shown drug resistance.

These findings underscore the importance of strong immunity when dealing with asthma. It's the best way to address these chronic infections and the inflammatory conditions they may fuel.



supportive supplements

One issue can be vitamin deficiency, particularly vitamin D. One study found that reduced vitamin D levels were closely linked to reduced lung function. Although this research was mainly focused on chronic obstructive pulmonary disease, it has applications in asthma as well. In addition, I recommend vitamins A, C, and E for lung protection.

Ginger can be useful. One study found that it can open up airways by relaxing smooth muscle.

a healthy diet

The Mediterranean diet (which emphasizes fruits, vegetables, olive oil, lean protein, legumes, and whole grains) is known for its anti-inflammatory effects; people who adopt it often lower their risks for heart disease and cancer. This approach also seems to work for asthma. A study conducted

in New Zealand found that asthma patients who switched to a Mediterranean diet did better than those who stayed with their existing food plan.

Medical practice in this country often treats asthma in isolation: These are the symptoms; these are the drugs that will address those symptoms. But we can't treat the condition until we understand its underlying causes.

Because asthma has such an impact on quality of life, reducing the frequency and intensity of flare-ups by making simple diet and lifestyle changes can be life-changing. Asthma isn't an easy condition to treat, but with a little extra effort, we can breathe easier and improve other areas of health as well. *

Isaac Eliaz, MD, LAc, is medical director of the integrative health center Amitabha Medical Clinic in California.

SELECTED SOURCES "The Bacteriology of Chronic Rhinosinusitis and the Pre-eminence of *Staphylococcus aureus* in Revision Patients" by E.J. Cleland et al., *Int Forum Allergy Rhinol*, 3/6/13 • "Effects of Ginger and Its Constituents on Airway Smooth Muscle Relaxation..." by E.A. Townsend et al., *Am J Respir Cell Mol Biol*, 2/13 • "Influence of Mediterranean Diet on Asthma Symptoms, Lung Function, and Systemic Inflammation..." by P. Seston et al., *J Asthma*, 2/13 • "Vitamin D Status and Longitudinal Lung Function Decline in the Lung Health Study" by K.M. Kunisaki et al., *Eur Respir J*, 2011



crack a few eggs!

make some eggheads

Jelly beans and bunnies bearing chocolate are everywhere in April. Eggs are too! They are tasty and very good for you. Whether you eat them scrambled, fried, or hard-boiled, you're going to end up with some eggshells. Make eggheads!

You will also need some potting soil and some grass, flower, or vegetable seeds. Grass seed is fun because you can give your egghead a haircut when his "hair" gets too long! If you want to decorate your egghead, use a permanent marker to add a face to the shell.

1. Make a "nest" so your egg stands up, or use the empty egg carton for a stand. To make a nest, coil a pipe cleaner to make a stand for your egghead.
2. Fill your shells with potting soil. Tap it down very gently! It shouldn't be packed down hard.
3. Put some seeds in each shell. If the seeds are big, like bean seeds, add just a few. If they are small, like grass seed, then add a lot more. Cover them with soil and tap down gently.
4. Sprinkle each egghead with water until damp.
5. Place the eggheads in a warm spot indoors, and water them daily to keep them moist.
6. When they sprout, move them to a sunny, warm spot, and water every day.
7. When the eggheads are big enough, plant them outside in a sunny spot. Just make a few holes in the bottom of the shell so they can spread their roots. **EGG-CELLENT!**





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